

Healthy Kansas Minute Radio Interview – Managing the Pain of Arthritis

Joe: This is the Healthy Kansas Minute. I'm Joe Blubaugh and with me is Cindy Winters, Arthritis Program Manager with the Kansas Department of Health and Environment. A commonly-held myth about arthritis is that physical activity can add to a person's pain by hurting their already-damaged joints. Can you tell us why a person with arthritis should actually *increase* their physical activity?

Cindy: A person with arthritis should strive to *gradually* increase their activity levels because moving their joints pumps blood and vital nutrients into the cartilage around damaged joints, leading to an increase in flexibility and a decrease in pain.

Joe: What other benefits will a person with arthritis experience with increased physical activity?

Cindy: A better night's sleep, a heightened sense of well-being and an increased ability to perform daily living tasks can also be achieved with increased physical activity for a person with arthritis.

Joe: Thank you, Cindy. To learn more about managing arthritis pain with physical activity, please visit the KDHE website at www.kdheks.gov/arthritis. This has been the Healthy Kansas Minute.